

STOP EATING MEAT IF KIDNEYS OR BACK HURT

Take a Glass of Salts to Clean Kidneys If Bladder Bothers You—Meat Forms Uric Acid.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Adv.

Historic Tree Cut Down.

The old "Court" tree on Kingsborough hill, in the center of the Isle of Sheppey, has been cut down. For hundreds of years courts were held under the tree every Whit Monday, only being discontinued in 1856, when the King's ferry was replaced by a bridge. From time immemorial the "annual general court and law day in the king's name" was held before the steward of Kingsborough, and the homage was there sworn for the choice of the constable, who held jurisdiction over the island of Sheppey. The election of ferry warden and fermens took place under the old tree, id matters relating to the ferry between Sheppey and the mainland were also discussed. It is believed that the tree was held at the very spot on Kingsborough hill from the earliest iron times.—London Mail.

HOW TO TREAT PIMPLES AND BLACKHEADS

For pimples and blackheads the following is a most effective and economical treatment: Gently smear the affected parts with Cuticura Ointment, on the end of the finger, but do not rub. Wash off the Cuticura Ointment in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. This treatment is best on rising and retiring. At other times use Cuticura Soap freely for the toilet and bath, to assist in preventing inflammation, irritation and clogging of the pores, the common cause of pimples, blackheads, redness and roughness, yellow, oily, mothy and other unwholesome conditions of the skin.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Death's Sudden Visitation.

An English minister named Butler said to have witnessed the following: "In the town of Everdon ten arvesters had sought refuge under a hedge during a storm. Lightning ruck and killed four, who were left petrified. One was found holding his fingers the snuff which he was about to take. Another had a little dead dog on his knees and had one and on the animal's head, while holding in the other hand some bread with which he had been feeding it. A third was sitting with his eyes open and a head turned toward the storm."

Unfortunate Man.

"I once had a comfortable home, ma'am."

"Poor man; how did you lose it?"

"We wife lost her job, ma'am."

The Remedy.

"My foot's asleep. What shall I do?"

"Make a noise."

Experience is man's best teacher, but she keeps his pants frizzled out at the heels hustling around to pay the tuition fees.

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. The favorite family laxative. Adv.

The Ruling Passion.

American Helms—What is your favorite flower, Count Butinski?

Count Butinski—Marigold.

Red Cross Ball Blue will wash double as many clothes as any other. Don't put your money into any other. Adv.

It's all right to have plenty of go, but staying qualities should not be overlooked.

YOUNG BUILDERS OF PANAMA CANAL FORTS



Secretary of War Garrison has designated a board of ranking officers to report on the defenses of the Panama canal, the construction work of which is being done by these young lieutenants of the engineering corps, George R. Goethals (right), son of the chief engineer of the canal, and Albert H. Acher, son-in-law of Col. H. F. Hodges, also one of the canal commissioners.

GOOD FOOD WASTED

Suet a Very Valuable Article for the Table.

Usually Thrown Away or Used for Soap, It Could Be Rendered and Put to Most Excellent Use in Cooking.

Washington, D. C.—Reports from some of the food specialists of the department of agriculture indicate that in certain sections there is a serious waste of a valuable food due to the fact that many housewives do not appreciate the value of suet in cooking and do not know how to use it. As a result many throw good food suet into the garbage pail, or else in rare cases use it with meat trimmings for soap making. Many are unaware that suet possesses the same food value as lard, and if properly tried out is a satisfactory substitute for frying purposes, for shortening, and in making savory fats. Apparently some of the cook books have misled the American housewife by stating that suet is good only for soap making. In Europe, however, this food is carefully kept and rendered, and in Germany, suet and lard are used interchangeably for frying and shortening.

Suet is the hard fat about the kidneys and loins in beef and mutton which corresponds to the fat of hogs from which leaf lard is made. Those who do not know how to render it object to hardness of suet and to its special flavor. Fresh suet, however, can be so rendered as to make a soft, usable fat, practically free from any distinctive flavor or odor.

The following is the simplest method for trying out suet:

"Remove the skin and lean parts from beef fats, and cut into small pieces. Put it into a saucepan and

cover it with cold water. Place it on the stove uncovered, so that the steam may carry off any disagreeable flavor. When the water has nearly all evaporated, set the kettle back and let the fat slowly 'fry out.' When the fat has ceased bubbling and the scraps of skin are shriveled, allow the scraps to settle at the bottom of the kettle, strain the fat through a cloth and set it away to cool."

This fat is so valuable in cooking that housewives will do well to save all suet from their meat and fry it out.

For those who want a mixture of suet and leaf lard the following recipe will be found useful:

"Take two parts of suet and one of leaf lard, finely ground, and mix together. Render this with whole milk in the proportion of one-half pint milk to two pounds of the mixed suet and lard. (Render means to melt down or to clarify by melting). The suet and lard mixture may be finely divided by passing it through a meat grinder, and may then be heated in a double boiler, when the fat will be quickly released from the tissues, and when allowed to cool will form a cake on the surface of the liquid which may be easily removed."

This fat has a good odor, color and texture, and is softer than the suet alone. It is useful for frying and the shortening of foods with high flavors and may be used with fair results in shortening such things as baking powder biscuits. It is useful for cooking vegetables either alone or with the addition of a little butter.

The popularity of fried food in many families is due entirely to the fact that the fat has been burned in cooking. Fat when heated to too high a temperature splits up and may form substances which have an irritating effect on the throat and may cause digestive disturbances. Fat in itself is a very valuable food and if it is not scorched should prove a healthful rather than an objectionable article of diet. A slightly burned taste and similar objectionable flavors can often be

removed from fat by putting into it thick slices of raw potato and heating it gradually. When the fat ceases to bubble and the potatoes are brown, the fat should be strained off through a cloth placed in a wire strainer.

KERMIT ROOSEVELT TO WED

Daughter of U. S. Ambassador to Be Bride of Ex-President's Second Son.

Richmond, Va.—Letters received here from Madrid by friends of Ambassador Willard reported the engagement of the ambassador's daughter, Miss Belle Willard, to Kermit Roosevelt, son of Col. Theodore Roosevelt.

The wedding, it is said, will take place in the spring, probably here in Richmond, the home of the Willards.

Miss Willard, Kermit Roosevelt and his sister, now Mrs. Richard Derby, were guests of the Willards on a long motor trip through Virginia and ending at Hot Springs a little over a year



Miss Belle Willard.

ago. Miss Willard was one of the guests last winter at the wedding in New York of Miss Ethel Roosevelt to Mr. Derby.

Kermit Roosevelt, second son of the former president, is twenty-four. Since the summer of 1912 he has been in Brazil and is now an officer of the Anglo-Brazilian Iron company in San Paulo. He is tall and well set, and has won honors as an athlete.

He interrupted his studies at Har-



Kermit Roosevelt.

vard in 1909 to accompany the colonel on the latter's African hunt as photographer to the expedition.

In the fall of 1911 he resumed his studies at Harvard and was graduated in June, 1912.

striking Gardner on one leg and breaking it below the knee.

Child's Pencil Causes Mother's Death. South Bend, Ind.—Mrs. Martin Maloney punished one of her six small children. The point of a lead pencil in the child's hand was imbedded in her arm. Blood poison set in and Mrs. Maloney died.

Colored Woman Offers Self as Bride. Patchogue, N. Y.—A woman who says she is "of colored nationality" has offered herself as wife of George H. Yale, who asked Justice Green to get a mate for him.

Lived in Subway. New York.—David Shapiro, fourteen, lived a week in subway trains after stealing his father's watch. He told the police "it saved me room rent."

Boys Found in Dog Kennel. New York.—Four Brooklyn boys who started for the wild west to shoot Indians were found asleep in a dog kennel.

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

Had Another Guess.

A certain Texas high school recently purchased an assortment of statuary. When the art specimens arrived the colored janitor was set to opening the cases in which they were shipped. First he encountered a replica of the famous Victory, which he carefully stood upright, and then looked carefully in the packing excelsior for the missing parts. Next he found a bust of Shakespeare, which he took out and held musingly. Just then the principal came up.

"Fessor," said the puzzled dandy, as he pointed toward the mutilated statue, "Is dis hyuh de haid what goes wid dat cawpse?"—Pulitzer's Magazine.

Musical Philosophy.

First Fly—There will always be swatters.

Second Fly—Yes, there can never be a foolproof fly.

Amazing Tobacco Remedy.—Guaranteed to instantly remove taste for cigarettes or tobacco in any form, or money cheerfully refunded. Send for the signature of J. W. GILKIN. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

Heard at a Concert.

"The screeching of that soprano makes me weary."

"I thought you liked high bawls."

Only One "BROMO QUININE"

That is LAXATIVE BROMO QUININE. Look for the signature of J. W. GILKIN. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

The world is full of vain regrets. Many a chicken wishes it had been hard boiled before it had been born.

Some surgeons manage to carve out big fortunes.

WOMAN IN BAD CONDITION

Restored To Health by Lydia E. Pinkham's Vegetable Compound.

Montpelier, Vt.—"We have great faith in your remedies. I was very irregular and was tired and sleepy all the time, would have cold chills, and my hands and feet would blot. My stomach bothered me, I had pain in my side and a bad headache most of the time. Lydia E. Pinkham's Vegetable Compound has done me lots of good and I now feel fine. I am regular, my stomach is better and my pains have all left me. You can use my name if you like. I am proud of what your remedies have done for me."—Mrs. MARY GAUTHIER, 21 Ridge St., Montpelier, Vt.



An Honest Dependable Medicine It must be admitted by every fair-minded, intelligent person, that a medicine could not live and grow in popularity for nearly forty years, and to-day hold a record for thousands upon thousands of actual cures, as has Lydia E. Pinkham's Vegetable Compound, without possessing great virtue and actual worth. Such medicines must be looked upon and termed both standard and dependable by every thinking person.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

WILL HONOR BEN FRANKLIN

Figure May Be Erected in Niche of Church Where He Once Worked.

London.—Few people would connect romance with the name of Benjamin Franklin, but there is a chance that he may be commemorated in the most romantic of England's few mediaeval churches, St. Bartholomew's, Smithfield.

As has been cabled briefly, some one has discovered from the parish rate books that he once worked at the case in an office housed in his day in the Lady chapel of the church.

Franklin records in his autobiography that he worked in Bartholomew Close, but he says nothing about the place. He mentioned that he was employed on setting up the second edition of Woolaston's "Religion of Nature," and in that book there is a quaint little engraving showing the top floor of the factory with the compositors' racks. The notes of these racks were still there in 1885 before the Lady chapel

was cleared of its workaday fittings and prepared for worship again.

In the wall over the Lady chapel altar (and in Franklin's day actually in the printing room) are five tall niches, probably filled with figures of saints before the Reformation. It is now proposed to commemorate Franklin by placing one or more "female saints" in these niches.

DEAD MULE'S KICK SERIOUS

Breaks Leg for Owner While Being Hauled to Burial in Virginia.

Big Laurel, Va.—Edward Gardner, a farmer near here, had an old mule which died a few days ago and he set out to haul it to the boneyard. He had it loaded on a sled, and to make it stay on, its legs had to be pressed down between the standards.

The hired man was driving the team hauling the corpse and Gardner was walking behind. The sled struck a stone in the road with such force that one of the mule's feet was dislodged,